

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

The Dutch Neck Requires a Pretty Throat



Robbing Away the Lipo
Back of the Ear

THE slender neck is a feature belonging to the woman of today. Perhaps this change came about through admiration for the exaggerated poster girl, so popular for a short season, or perhaps it was the result of nature trying to keep up with the requirements of the fashion when length of line was an imperative attribute and large hats crowned the feminine head.

Be that all as it may, it certainly is true that the long necks of the present generation have made the popularity of the half low or Dutch neck a possibility, so now it devolves upon the summer girl to keep her neck properly rounded and whitened. With this object in view, then, perhaps a word of advice could hardly come amiss, for the acquiring of a pretty neck will surely commend itself favorably even to the least vain woman.

SUPERFLUOUS FAT

The very low collar is an important factor, for by the arrangement of her hair a woman may attain the effect she desires. If it is low, like that of the photograph, she will find that the length of the neck will be emphasized, and that the contrast between the brown or black hair and the snowy whiteness of the skin will be very noticeable.

But having acquired the desired shape, the whiteness and smoothness must not be neglected, while the little wrinkles just back of the ear must certainly be removed. These may be rubbed away by a light massage night and morning, and the same process will keep them from reappearing.

The double chin, too, may be dispensed with, and this is an important bit of information, for sooner or later misplaced fat mars the appearance of many a woman. Massage may be relied upon to remove surplus flesh, but there is another good method which, its advocates say, is infallible. First bathe the throat in hot water; then apply to it a



A Comfortable
Collar Line
for Summer Weather

good skin food (the orange-flower cream would be the best selection); then take a piece of ice and rub it across the offending fat from ear to ear until the cold becomes too intense; then dry and rub with witch hazel cold cream to prevent irritation. This process may be repeated once a day until the desired result is produced, and it may be relied upon to perform all that is expected of it.

The ring around the throat may be removed by an application of benzoin and rosewater; but first scrub the mark with a good soap and hot water.

To keep the neck white and smooth, a good bleach is made as follows:

Bleach for the Neck.
Take fresh-strained apple juice, boil it for five minutes, and for every five ounces of juice add:
Pulverized borax..... 5 1/2 ounces
Acetate of soda..... 3 ounces
Tincture of quinine..... 2 1/2 ounces
Tincture of benzoin..... 2 1/2 ounces
Rosewater..... 1 pint
Mix thoroughly and apply two or three times a day.

This may be applied with a soft bit of linen, a sponge or some absorbent cotton. It will do no harm, and it will



Massaging the
Double
Chin

Large Hands.
If THE hands are large, do not wear tight sleeves. The pressure on the arms will make the hands swell. A tight wristband is as unbecoming to a large hand as a low heel is to a large foot.



Applying the Bleach

Aids to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Two Questions About Hair

Dear Mrs. Symes:
What is your opinion of my using the inclosed medicine for destroying superfluous hair? Do you think it would destroy the hair so it won't grow again?

How should a girl 15 years old wear her hair?
SWEET MARIE.

I cannot recommend any proprietary medicine and therefore cannot give my opinion of the one to which you refer. I can give you my recipe for destroying superfluous hair, which will do you no harm, if my directions are followed carefully.

Sulphide of strontium..... 2 drams
Oxide of zinc..... 2 drams
Powdered starch..... 2 drams

Mix thoroughly, and keep dry in well-corked bottle until wanted for use. Take a piece of muslin and dip it in the mixture, according to the nature of the growth and the susceptibility of the skin. Then scrape off with a blunt blade—a paper knife, for example. It should be removed as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the depilatory should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

A girl of 15 should wear her hair parted or in a pompadour, whichever is becoming. The back should be plaited, rolled up and tied with a ribbon.

and you may have all of your summer dresses designed with the comfortable Dutch neck, for in it you will look your best.

make a great improvement to the appearance.

If you follow this advice I am sure that you will have a soft, white throat.

spoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray if you have one.

Yes, sulphide of soda and chalk will remove the hair, but not permanently, and when it grows in again it will be coarse, so that I think it would be wiser for you to bleach the hairs with a solution of half water and half peroxide.

To Develop the Bust

Dear Mrs. Symes:
I have been using Dr. Vaucaire's bust developer two weeks and cocoa butter application two months without any apparent effect. How long will I need to take Dr. Vaucaire's tonic before the effect is noticeable? I also take deep-breathing exercises twice a day, and have for six months, but they increase my chest and not my bust.

A READER.
I cannot say how long you will have to take the Vaucaire tonic before you can see the effect, as it all depends upon the individual. I would not give up the breathing exercises, for I have never yet known them to fail in producing a large bust.

Oily Hair

Dear Mrs. Symes:
Will you please tell me what to do for my hair? It is very light and stringy and when I wash it it becomes very dirty and I can hardly keep it from becoming so in four days it becomes oily, and of course,

I have to wash it about once a week. I also have dandruff. What can I do for pimples under the skin on my face? ANXIOUS.

What you need is something to take the surplus oil out of your hair, and for this I give you a recipe:

Alcohol..... 2 ounces
Witch hazel..... 2 ounces
Resorcin..... 14 grains

I think if you will take some good tonic for a few weeks it will drive the pimples out on your face. Then you would be ready to apply one of the creams for which I so often give a recipe in these columns.

Cucumber Cleansing Cream

Dear Mrs. Symes:
Please give me a formula for cucumber cleansing cream. I H.

Here is the recipe for the cleansing cream:

Small cucumbers..... 2
Olive oil..... 2 ounces
Lanolin..... 1 ounce
White wax..... 1 dram
Spermaceti..... 1 dram

Heat olive oil, slice up the cucumbers, not removing the peel, and place in the oil. Leave for twenty-four hours. Strain.

Bleach a Pink Plume

Dear Mrs. Symes:
Will you please tell me how to bleach a pink plume white? N. M.

Pink is one of the easiest colors to fade, and if you place your plume in strong sunlight, it will soon become bleached. Be sure to place one side to the sun, so that it will be faded evenly.

Concerning Treatment of the Teeth

NEVER touch the teeth with pins or with any metallic instrument.

"When eating," said an old author, "eat on both sides, that one may give the other a rest."

When suffering from toothache, beware of using the poisonous remedies which are recommended. Creosote, cloves, essence of cinnamon, etc., will perhaps soothe the pain, but will destroy the teeth. Fly to the dentist, and if obliged to wait, use only such remedies as are beyond suspicion. For example: pound some parsley and salt together, make a little ball of it and place in the ear on the side of the aching tooth. Or moisten the cheek on the affected side with lemon juice. Or place a hot flannel on the cheek.

Dieting also calms aching teeth, and so do warm baths. When the teeth have been set on edge by an acid, salt-water will relieve the sensation. One of my friends is frequently relieved of violent toothache by following a doctor's prescription, which is to place at the angle of the lower jaw, on the spot where the artery is felt, a poultice composed of flour, the white of an egg, brady and mastic.

Toothache may be produced by the acidity of the saliva, which causes inflammation and irritation of the teeth. A strong solution of bicarbonate of soda is the best remedy for this kind of toothache. Rinse the mouth well with the solution, and apply a little bicarbonate of soda to the teeth and gums with a brush. When suffering, try this remedy, and if relief is obtained, it is certain that the cause of the toothache has been discovered. Thenceforth, use bicarbonate of soda in brushing the teeth.

Several persons have assured me that they have cured caries of the teeth by the following prescription: Fill the hollow tooth with powdered alum, and the pain disappears as fast as the alum melts in the tooth. Renew the operation as often as the pain returns, until it is entirely relieved and the caries removed. Caries is due to the destructive action of bits of food detained in hollow teeth. It is well known that alum is an antiseptic.

However, when it is within the bounds of possibility, resort to a good dentist. Filling the teeth in time, either with amalgam or gold, may preserve them

indefinitely and prevent intolerable pain. Any negligence is inexcusable.

If one is determined to use powders and dentifrices, at least be careful in the selection made. Unless purchased from a well-known manufacturer, I would advise that they be made at home, to insure that they be made of tartar or calcareous salts (substances which are fatal to the enamel of the teeth and injurious to the purity of the breath) should enter into the composition.

The following are a few recipes, the excellence of which I can guarantee and which are easily prepared. They are from prescriptions made by physicians and pharmacists:

First:
Carbonate of lime..... 200 grams
Powder of magnesia..... 20 grams
Powder of pyrethrum root..... 25 grams
Powder of bicarbonate of soda..... 20 grams
Essence of English mint..... 5 grams
Mix carefully.

Second:
Powdered Peruvian bark..... 10 grams
Tannin..... 10 grams
Charcoal..... 10 grams
Pulverize in a mortar. Preserve in a porcelain or wooden box.

Third:
Precipitated chalk..... 40 grams
Orris powder..... 30 grams
Pulverized myrrh..... 15 grams
Mix and add:
Oil of eucalyptus..... 12 drops
Saturate together; mix; stir. This powder is very good for diseased teeth and spongy gums.

A druggist's elixir:
Green aniseed..... 25 grams
Cloves..... 10 grams
Cinnamon..... 10 grams
Peruvian bark..... 10 grams
Pyrethrum root..... 10 grams
Cochineal..... 4 grams
Essence of English mint..... 5 grams
Rectified spirits alcohol, 90 per cent..... 1 quart

Let these ingredients remain in the alcohol for a month, and then strain through filtering paper.

The following is a prescription recommended by a good dentist, who prefers it to Eau de Toilet:

Thymol..... 20 centigrams
Benzic acid..... 25 grams
Tincture of eucalyptus..... 250 grams
V. S. R..... 250 grams
Saturate together; mix; stir. This is well rinsed with this water on the mouth.

It is during the night that the teeth and teeth are in most danger from fermentation and decay, which proceed more rapidly during slumber. Thanks to this wash, decaying teeth are relieved of the contents of their cavities, and are no longer a source of disease and pain. The active cause is eliminated and made innocuous.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends
to bring to her their Social
Problems and perplexities
by letter at any time

The Stay-at-Homes.

SUMMER always makes a difference, if only a slight one, in every one's manner of living. Some people stay at home, others go to summer resorts and still others visit relatives and friends in the country, or perhaps in other cities. For each of these there is a special set of etiquette rules—for the hostess, the traveler and the visitor. Let us then today take up the first class, the hostess who stays at home, who has at her disposal her own possessions, which she may use to make her house the mecca of her friends.

Many girls there are who complain that they are forced by circumstances to spend the summer in the city, but these do not quite understand that they have a mighty power, which they may wield in making pleasure for friends and acquaintances. Why not take the opportunity as it presents itself and rise superior to the discomforts of the season?

Let me address this particularly to the young girl, and suggest a way in which she may make this summer a delight to herself and to all who know her. In the first place, never neglect your girl friends. Always include them in your good times, not only for their

pleasure, but also for your own, for if you are to be an ideal hostess you must be regarded as unselfish. Arrange that some of them shall come each evening to your house. I can hear you say, "Why have girls? How about the men?" Certainly I can realize that you would want a few men to come, too; but wherever a few nice girls may be, the men will soon come. You need not look for them; they will look for you. These gatherings would be my suggestion, and I am sure that you would like them.

About the etiquette of such an occasion, you would be perfectly proper for you to write little notes to your friends, tell them that you expect to make your house a kind of center and that sometimes, if they could come very informally, you would be glad to see them. These notes you may write, and sign them yourself, for the whole idea is so informal that your mother's name need not be used. Then, when your friends come, ask your mother to greet them. She need not stay with you—only let her appear. Never forget that your mother is the real hostess and that you are but her substitute.

As for entertaining your friends, if some of them can sing why not organize a sort of glee club? Music always pleasantly passes the time, and the singers will grow so interested that they will soon become constant visitors. If there are not musical friends you might organize a debating club and discuss anything that is attractive to the majority—only let it not be the weather. But, best of all, I think it is most satisfactory to spend a summer evening quietly conversing, and when friends are good enough there will be no difficulty in thus passing the time.

Something cool to drink would be a great help for every one, and lemonade would be quite sufficient and not ex-

Perplexities Solved

Keep the Gloves On

DEAR Mrs. Adams:
Will you kindly tell me if it is correct for a young lady to keep her gloves on in the theater; also to change gloves? MARGARET E. M.

It is proper for a lady to keep her hat on at dinner.

Which is most suitable for a party at night, light or dark dress? On a blonde, what color is most becoming?

When I have been to a party, when should I leave and when should I stay?

It is correct for a woman to keep her gloves on at the theater, but certainly not to wear them when she is not wearing her hat, for it is never proper for a woman to make herself conspicuous at any time.

When people are dining out they do not usually wear their hats, for hats are not worn with dressy gowns.

To evening entertainments one almost always wears light gowns, for every one knows that light clothes look better than dark ones at night. A blonde may wear yellow, pink, brown or blue; in fact, the only colors she needs to avoid are shades of purple and red.

There seems to be no better rule about leaving a party than to go when you are ready. If some people have already left and others are leaving, then it is time for you to go, too. You say good-night to the hostess before you go to put on your hat and coat, and tell her what a good time you have had.

make a great improvement to the appearance.

If you follow this advice I am sure that you will have a soft, white throat.

Entering Public Places

DEAR Mrs. Adams:
Will you please answer this question through your columns: Should a lady precede or follow the gentleman when entering a theater or restaurant? PUZZLED.

For sake of convenience it is always better to let the man go first into a public place, so that he may find seats and prepare the way. Of course, a woman should enter a door first, and then let the man step ahead of her.

A Question of Propriety

DEAR Mrs. Adams:
I am very much interested in your column and enjoy reading the questions and answers very much. Will you please tell me the meaning of when a gentleman friend holds the lady's hand with whom he is keeping company?

Is a girl of 17 too young to keep company with a fellow she has known for some time? MISS MAY.

I will first have to understand the term, "keeping company" before I can answer your letter. If you mean that the young man calls upon you the same as any other friend might, then I should say that when he held your hand he was presuming too much upon your good nature. If you mean he has engaged to you, then I suppose he has a perfect right to do so. These are the only two possible conditions between men and women who are not married.

A girl of 17 is not too young to have a friend call upon her. Whether she is too young to "keep company" or not is a thing I do not know, for I do not understand the term.

When Called Away

DEAR Mrs. Adams:
What is to be done if I am forced by circumstances to be out on my day at home? A READER.

If you have any female relations, such as daughter, mother or sister, get one of them to come and receive your friends and make your excuses, because some of the callers may have come some distance to see you, and to have to return from whence they came without rest or tea would seem inhospitable. If it is impossible for you to get any one to represent you, then have a servant stationed ready to answer the door directly the bell rings and to make your excuses to each friend who calls.

Egg Shampoo.

To one-half cake of pure white castile soap add one pint of hot rainwater. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with the beater to prevent curdling. Add one-third teaspoonful of borax and one tea-